WHAT IS CLAIMED IS:

1. A process for sealing and insulating a fuel cell plate, the process comprising: providing a fuel cell plate having first and second surfaces;

applying a coating precursor on at least the first surface of the fuel cell plate, the coating precursor adapted to polymerize or to cross-link in response to infrared radiation or heat; and

exposing the coating precursor on the fuel cell plate to infrared radiation or to heat to initiate polymerization or cross-linking.

- 2. The process of claim 1, wherein the coating precursor is applied by screen printing.
- 3. The process of claim 1, wherein the coating precursor is exposed to infrared radiation.
- 4. The process of claim 1, wherein the coating precursor is exposed to infrared radiation or to heat for about less than about forty five minutes.
- 5. The process of claim 1, wherein the coating precursor is exposed to infrared radiation or to heat for about less than about thirty minutes.
 - 6. A process for sealing and insulating a fuel cell plate, the process comprising: providing a fuel cell plate having first and second surfaces;

applying a coating precursor on at least the first surface of the fuel cell plate, the coating precursor adapted to polymerize or to cross-link in response to infrared radiation; and

exposing the coating precursor on the fuel cell plate to infrared radiation or to heat to initiate polymerization or cross-linking, wherein the coating precursor includes an epoxy resin and an acrylonitrile butadiene copolymer.

- 7. The process of claim 6, wherein the coating precursor includes a cross-linking agent.
 - 8. The process of claim 7, wherein the cross-linking agent is a polyamine.

- 9. The process of claim 6, wherein the coating precursor includes a thermoplastic.
 - 10. The process of claim 9, wherein the thermoplastic is polyvinylchloride resin.
 - 11. The process of claim 6, wherein the coating precursor includes a solvent.
 - 12. The process of claim 6, wherein the coating precursor includes a colorant.
- 13. The process of claim 6, wherein the coating precursor includes an air-release agent.
 - 14. The process of claim 6, wherein the coating precursor includes slip agent.
 - 15. An insulated fuel cell plate comprising:
 - a plate having first and second surfaces; and
- a solid coating adhering to at least one of the first and second surfaces of the plate, the solid coating comprising an epoxy nitrile resin.
- 16. The insulted fuel cell plate of claim 15, wherein the solid coating is less than about 250 μ thick.
- 17. The insulated fuel cell plate of claim 15, wherein the solid coating is less than about 150 μ thick.
 - 18. An insulated fuel cell plate comprising:
 - a plate having first and second surfaces; and
- a coating precursor applied on at least one of the first and second surfaces of the plate, the coating precursor comprising:
 - an epoxy resin;
 - an acrylonitrile butadiene copolymer;
 - a thermoplastic film-former;
 - a polyamine cross-linking agent; and
 - a solvent.

- 19. The insulated fuel cell plate of claim 18, wherein the thermoplastic film-former is a polyvinylchloride resin.
- 20. The insulated fuel cell plate of claim 18, wherein the coating precursor includes a colorant.
- 21. The insulated fuel cell plate of claim 18, wherein the coating precursor includes an air-release agent.
- 22. The insulated fuel cell plate of claim 21, wherein the air-release agent is a polydimethylsiloxane.
- 23. The insulated fuel cell plate of claim 18, wherein the coating precursor includes a slip-aid.
- 24. The insulated fuel cell plate of claim 23, wherein the slip-aid is a polytetrafluoroethylene powder.